

Weekly Column for September 27, 2007

This week I have an interesting story and pitch for the ladies out there.

On Wednesday morning I had the pleasure of visiting the Curves location on Campbell Avenue. I must admit, I did not know what to expect when I walked in the front door.

Curves is not your typical gym, and in my opinion, that is a good thing. When you walk in, you can't help but feel comfortable and welcomed. When I was there, everyone was greeted by name as they entered to begin their workout. You won't see bodybuilders posing in the mirrors here, or people hanging around and gawking at you.

The music is energizing and an important part of the concentrated 30 minute workout. I learned that a Curves workout is an hour and half of exercise condensed into a 30-minute routine. You can walk in at any time and jump right into the exercise circuit. No appointment or scheduled start times for the program. It makes exercise convenient to your schedule. Here is how the Curves website describes their program:

"The Curves fitness program allows you to get a complete aerobic and strength training workout in just 30 minutes. The system is built around easy-to-learn hydraulic resistance machines, so there are no cumbersome weight stacks to change or manage. The machines are designed specially for women. And Curves makes it fun. Many of our members say that their time at Curves is the fastest 30 minutes of their week! The laughter, conversation, and sense of support that you see at the typical Curves is different from any other health club you may have visited in the past. "

Patty McLaughlin and Nellie Mason own and operate the Curves location in Troy and they are committed to helping women achieve positive results in fitness. As I said, they know everyone by name and can tell you countless success stories of their members. They are both also very active in fundraising events throughout the community. The Troy location is less than a year old and is a wonderful addition to the City.

In recent years we have seen a great mix of businesses move into the City, some of this variety. For the adventurous type, there is the Movement Lab run by Julie Rose on the corner of State and Fourth Streets. I definitely suggest checking that out as well, as she has told me that she has something for everyone as well. Much more information can be found by checking out [www.themovementlab.com](http://www.themovementlab.com)

Regardless of your age or physical condition, give these places a try. Tell Patty or Nellie that I invited you to stop in, they will be glad to have you.

Now if there was only a Curves for men...

Troy Night Out is taking place tomorrow night. Please visit [www.troynightout.org](http://www.troynightout.org) for more information. It promises to be a tremendously good time.

Have a great weekend!

Harry Tutunjian

Mayor of Troy